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Abstract:

In sport a kinesio taping is an often used method during a therapy of musculoskeletal system. Among its effects are counted a correction of muscular and articular functions, a rise of blood and lymph circulation, a kinesthesia improvement and a pain reduction. The aim of my thesis was to find out, whether the kinesiotaping influences the muscular activity of a shoulder girdle of volleyball players. A unilateral load of volleyball players predisposes them to suffer from patokinesiologie changes especially in the area of a shoulder girdle of a dominant upper limb. In my research sample there were 15 active volleyball players without any urgent affection of musculoskeletal system. I have used a form of case history to compile one volleyball player with an impingement syndrome of shoulder girdle. Using a surface electromyography MYOSystem 1400A (Noraxon U.S.A.) there was recorded an activity of selected muscles of a shoulder girdle, in addition rectus abdominis and m.erector spinae during two resting positions and five dynamic activities. The kinesio tape was applied in a bilateral way on oblique abdominal muscles and after twenty seconds an identical measurement followed. Statistical processing was carried out using Wilcoxon's nonparametric test. A significant change of the muscle activity before and after kinesio taping has taken place at a level of statistical significance $p < 0,05$ at m.infraspinatus, m.serratus anterior and m.trapezius pars descendens. A significant change in a muscle timing occurred at m.erector spinae.

Key words: electromyography, kinesiotaping, shoulder girdle, volleyball

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